



Family Activity Sheet – Sharing images and videos

This activity sheet has been created to help you to learn more about sharing pictures and videos online and how to stay safer as a family.

Conversation starters

Here some questions you can ask to start a conversation:

- Ask about the types of things they like to share online. Discuss what they think is OK to share and the things they think are not OK to share.
- Ask what advice they would give a friend if someone share an image of them online, without asking permission.
- With teens you could discuss an example from a TV programme or an article about a celebrity who shared an image and something went wrong. What advice could they offer the person on how to share safely.

Online safety action

Pick one of these actions to do as a family:

- Visit our [Thinkuknow website](https://www.thinkuknow.co.uk) and search for tips on how be safe when sharing pictures for different ages, by typing ‘sharing’ into the search box.
- Together, look at the privacy settings for the apps, sites and games they use and talk about how they can help them stay in control of what they share.
- Create a list of who they can talk to if they are worried about something they have seen or shared online. This may include you, other trusted adults, or trusted organisations like [NSPCC’s Childline](https://www.nspcc.org.uk).

Fun family task

Create a family meme!

Find a website or an app that lets you create a meme - your child will probably know how to do this - if not search ‘create a meme’ in the safe search mode. Ask each family member to create a family meme. It might include a family motto or something you say to each other.

Don’t forget to use this as an opportunity to talk about permission, if using a photo of others, being kind and thinking about sharing with others.

More information for parents and carers

For more information about this and other ways to help your child stay safe online, you can visit www.thinkuknow.co.uk/parents.

